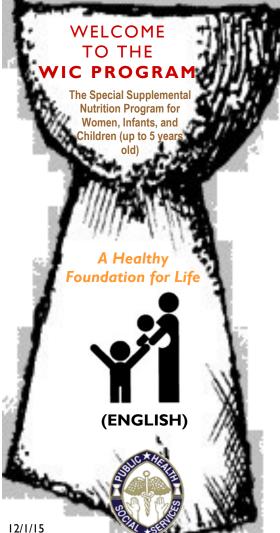


WIC Clinic (circle one):
Dededo • Tiyan • Mangilao • Santa Rita • Inarajan

WIC Appointment Date & Time

Family ID #

Authorized Representative's Name



## WHAT IS WIC?

The GUAM WIC PROGRAM is a special supplemental nutrition and education program for women, infants, and children (up to 5 years old).

It is a Health Promotion Program, not a welfare program. It teaches you and your family to be aware of your nutritional needs and to practice good eating habits. The Guam WIC Program helps you to be healthy during times of rapid growth. It promotes and supports breastfeeding, helps you prevent medical problems, and helps lower your health costs.



- Nutritional group classes.
- •Personalized nutrition counseling.
- •Breastfeeding information and support, including hospital and home visits, if needed.
- •Food guides for feeding yourself, your infants, and your children.
- •Supplemental foods, such as milk, eggs, fortified cereals, 100% fruit and vegetable juices, dry beans, peanut butter, whole wheat bread, vegetables, and fruits.
- •Infant cereal, infant vegetables, and infant fruits.
- •Referrals to other community programs (government and private) as needed.





## WHO CAN APPLY?

ARE YOU ELIGIBLE FOR WIC? FIND OUT BY GOING TO THIS WEBSITE https://wic.fns.usda.gov/wps/pages/start.jsf

You can apply if you are:

**Women:** Pregnant, postpartum (up to 6 months after infant's birth), or a breastfeeding woman (up to infant's 1st birthday);

Infants: A parent/guardian for an infant (0-11 months old):

**Children:** A parent/guardian for a child under 5 years old.



## WHAT TO BRING TO YOUR APPOINTMENT?

Bring the following to your certification or first appointment:



Most recent paycheck stubs of everyone working and/or retired in the household. Any proof of cash income, such as child support, tips, or LES document.

Sample Checkstub

Earnings						
Rate	Month	Regular Hours	Over Time	Regular	Over Time	
\$8.50	Sept	160	0	\$1360.00	0	\$1360.00
Deductions						
FICA	SDI	FIT	SIT	INS	Ret	Net Pay
\$120.00	\$27.20	\$108.80	\$61.20	\$27.20	\$81.60	
FICA - Social Security SIT - State Income Tax		SDI-Disability INS-Insurance		FIT - Federal Income Tax Ret - Retirement		



Most recent **Notice of Action** for Medicaid, SNAP (formerly Food Stamp), or TANF.



Proof of Residency. Any document with the caretaker's name and home address, such as a Guam driver's license, lease/rental agreement, utility/cable bill, or a note from homeowner where you live with supporting name and home address.



## Current proof of I.D.

<u>For Adults:</u> Valid Guam ID Card, Passport, Driver's License, or Work or School ID



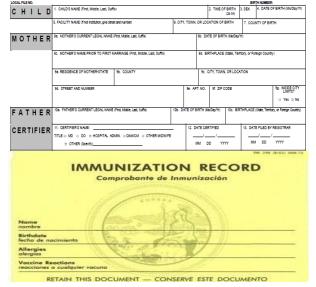




For Infants (0-11 months old): crib card, hospital birth certificate, or official birth certificate; and shot record/immunization card

For Children (under 5 years old): official birth certificate and shot record/immunization card

CERTIFICATE OF LIVE BIRTH





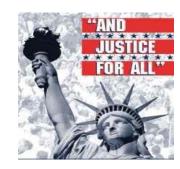
Bring the infant and/or child under 5 years old.





For legal guardians (if not natural parents), **bring court documents.** 





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